

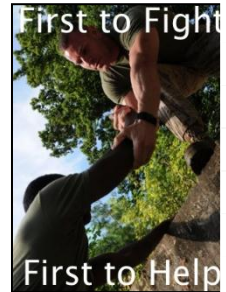


# **"Enabling MEF Personnel to Succeed"**

## **I MEF Quarterly Newsletter**

2nd Quarter, FY-2013

I MEF Newsletter POC : I MEF IG at 760-763-2547.



### **The 5 Pillars of Line of Operation 6 (LOO 6)**

<b>Mission Assurance</b>	<b>Safety</b>	<b>Family Readiness</b>	<b>Personal and Unit Readiness</b>	<b>Quality of Life</b>
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## **Commanding General's Comments**

I MEF Marines, Sailors, and Family Members,

I have changed the LOO 6 title to "Enabling MEF Personnel to Succeed" in or out of the Corps. I want to emphasize that the MEF leadership will provide the proper tools and mentoring; however, we are not taking over your lifestyle decisions. The leadership has multiple resources to enable our Marines and Sailors to perform. For example, Military and Family Life Consultants have been hired for many of our units. The Leadership Education Seminar program kicks off on 30 April 2013. The Transition Readiness Seminar is in full swing. There are a lot of tools and resources, and our leaders must take advantage of all of them. Semper Fidelis, LtGen Toolan sends.

## **NEWS YOU CAN USE!**

**1. Military and Family Life Consultant (MFLC) Program.** MFLCs (pronounced M-Flak) are licensed clinical counselors who provide brief, confidential, non-medical, short-term solution focused counseling in circumstances amenable to brief interventions. MFLCs have been embedded across I MEF commands. For more information click to view the [I MEF MFLC LOI](#) and [MARADMIN 075/13](#).

**2. Traumatic Brain Injury (TBI).** [MARADMIN 294/12](#) provides policy guidance for a comprehensive program to address TBI. The MARADMIN outlines four lines of operation: Prevent, Provide, Track and Train. The Naval Hospitals have specialty resources to treat a range of problems resulting from TBI. Marines and Sailors may be referred to these services by unit medical staff. Click to view the [TBI Synopsis of Programs](#).

**3. Chaplain's Religious Enrichment Development Operation (CREDO).** CREDO upholds the Commandant's covenant to keep faith with our personnel and their families by providing resources for personal, martial, and spiritual growth. CREDO offers transformational retreat-based programs designed to assist service members and their families develop personally, spiritually and the resiliency necessary to excel in a military environment. Talk to your Chaplain or click on [CREDO Retreat Program](#) for more information.

**4. L.I.N.K.S. for Marines.** The LINKS program offers an orientation to the Marine Corps lifestyle. While this program was originally aimed at spouses the information in the program can be useful for all Marines whether they are married or single. A LINKS for Marines class can be scheduled for your command by contacting your base Marine Corps Family Team Building. Click on the following for more information – [LINKS Brochure](#) and [LINKS Handbook](#).

**5. Financial Resources for Marines.** Recent Force Preservation Councils have identified that money or the lack thereof continues to be a constant source of stress for our Marines and their families. There are also several resources on base to assist our Marines and their families with budgeting, emergency loans and other financial assistance. An oldie but goodie is the Navy and Marine Corps Relief Society – see [www.nmcrcs.org](#). Another resource is financial counseling available through your Base Marine Corps Family Team Building.

**6. Sexual Assault Prevention.** The new SAPR order, [MCO 1752.5B](#), was signed on 1 March. The change which will most strongly affect Commanders is the requirement for the Installation Commander to chair the multidisciplinary Case Management Group (CMG) on a monthly basis. The assumption is that Commanders or their direct representative will in turn also attend each CMG. See the [SAPR MCO Executive Summary](#).

### **Force Preservation Council Best Practices**

The following bullets capture some FPC best practices forwarded by commanders in I MEF:

- Assign an effective mentor to each Marine/Sailor discussed at an FPC. The mentor is senior in rank, but also one the Marine/Sailor respects and can relate to. Daily interaction is noted in a log with emphasis on interaction, transition, mentoring and future training.
- Provide a warm hand-off for at-risk Marines transferring. Provider to provider contact is highly recommended if mental health issues are involved.
- Utilize individual fact sheets, complete with detailed background info, photo, treatments, remedies, behavior patterns, mentor(s), etc. for use by the FPC.
- Develop a questionnaire to remove subjectivity and objectively to determine risk level.
- CO use of Military Protective Order is a good tool if used properly and reviewed periodically.
- Provide PME on available programs that support Marines, to include budgets/financial planning.
- More info can be found at CMC Safety Division:  
[www.safety.marines.mil/Resources/ForcePreservationCouncil.aspx](http://www.safety.marines.mil/Resources/ForcePreservationCouncil.aspx)

### **Combat Operational Stress Control**

There is a new COSC Program Order – [MCO 5351.1](#), and a new COSC Functional Area inspection checklist – [FA 972](#). A synopsis follows:

- All stress research, pilot programs, or related efforts must be coordinated through Deputy Commandant, Manpower and Reserve Affairs, HQMC.
- Incorporate provisions of this order into the IG of the Marine Corps Functional Area Checklist (FAC) to be used in both the Unit Inspection Program and the Command Inspection Program.
- MEF, MSCs, and Units will develop and publish command policy that implements COSC principles in accordance with this Order.
- Appoint a COSC Representative in writing at the battalion/squadron or equivalent level. Chaplains and RPs will not be assigned as COSC representatives. This representative must be a SNCO or Officer.
- At a minimum, COSC representatives will be certified as OSCAR Mentors/Team Members. Certification as an OSCAR Trainer or Master Trainer is preferred.
- The highest caliber Marines should be selected for the OSCAR Team and as Trainers.
- OSCAR training requirements remain the same as outlined in [MARADMIN 597/11](#).

### **Leadership Education Seminar**

The LES is a three-day seminar that teaches Communication, Values, Group Dynamics, Conflict Management, Etiquette, Protocol, Crisis and Trauma, Handling the Media, Volunteer Retention, and Transition and Turnover for spouses that are active in unit and base activities. Each Unit has the opportunity to nominate two spouses that would benefit from this seminar. Nominations are due by 26 March 2013. LES is a great opportunity for spouses to gain skills to better support your unit and the military community. For more information see: [LES Spring 2013](#)

### **Healthy Sleep for the Warfighter**

Sleep matters. Sleep is a key factor towards maintaining a high level of performance. While asleep, your brain and body is repairing itself performing critical functions that can only be accomplished during sleep.

To be at your best you need approximately eight hours of uninterrupted sleep per night. Without eight hours of sleep each night you impart a level of sleep debt that robs you of physical and mental abilities. Over time, if the debt is not repaid, serious illnesses may result.

The only way to pay off your sleep debt is by getting more sleep. Chronic partial sleep of less than eight hours per night can have short and long term effects. Short term effects include reduced immunity, decreased coordination and motor skills, inability to concentrate, impaired learning and decreased ability for decision-making. Long term effects include high blood pressure, stroke, obesity, Type 2 diabetes and cardiovascular disease.

Leaders need to ensure their troops are well-rested for optimal performance. More information can be found at: [www.sleepfoundation.org](http://www.sleepfoundation.org)

### **Marine Corps Alcohol Screening Program**

Camp Pendleton Consolidated Substance Abuse Counseling Center (CSACC) has ordered unit breathalyzers. Once received, CSACC will calibrate these devices and provide unit level training. Each Battalion/Squadron size unit at Camp Pendleton will receive one breathalyzer and enough straws to conduct at least two unit sweeps per year. Other bases will receive unit breathalyzers after an initial test by Camp Pendleton and Camp Lejeune.

[MARADMIN 709/12](#) provides execution guidance for the implementation of the Marine Corps Alcohol Screening Program (ASP). The purpose of the ASP is to provide commanders an additional tool to identify marines and sailors within their commands who are at risk for the adverse effects of alcohol abuse/misuse. The ASP accomplishes this through deterring marines and sailors from reporting to duty under the influence of alcohol. Additionally, the ASP provides an opportunity for commanders to identify those individuals in need of alcohol abuse/misuse training.

For more information, Camp Pendleton based command SACOs should contact CSACC.